

No 33

By Walnut

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An Essay Paged March 14th
1826
on

Mania & Potts

By

Willis M. Lea A.B.

of
N. Carolina

1825

Walnut St., No 1897

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An inquiry into the various derangements of health
which the use of Spirituous potions either predisposes to,
or calls into action, will perhaps a subject of as much
interest, as could, at present, engage the attention of
either the Moralist or Physician, is yet too extensive
even were I possessed of the necessary facts to prosecute
the subject, to be comprehended within the limits to
which I must necessarily confine myself in this essay.

I shall therefore, merely attempt in this place to
give some account of one of the many consequences,
to which the intemperate use of the most pleasant
to many, yet noxious drink has subjected its victims.
The disease to which I allude, Mania & Potus vel
Tumultus, is one for the most part peculiar to
habitual drunkards. For the better comprehension
of its nature, it might appear useful to notice
the successive phenomena presented during & after a
fit of intoxication - but, perhaps, it will be sufficient
for my purpose, since they are unhappily the objects of
almost daily observation, to state, that the stage of
excitement, characterized by an increase of all the volun-
tary & moving powers of the system, flushed face, extreme
excitability, often unceasing insensibility, augmented action of

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The Last Tertianies, last of surface &c, in short of all the functions of the body & mind, is at length followed by a state of collapse, mental dereliction, loss of voluntary power, a still greater increase of determination to the Lead, reddened eyes, swollen & suffused face, panting Lips, heavy respiration, disturbed sleep during which very apt to find their teeth & mutter indistinct sounds, irregular twitchings of the fingers — after lying in this state a greater or less time they at length awake. The first to unrefreshed, it is now they begin to complain, very commonly of headache, vertigo, throbbing of the carotid, confusion of mind, weight at stomach, distressing nausea to which retching & vomiting soon succeed, great thirst, occasionally slight fever, an almost insupportable sense of languor, prostration of strength, irregularity of temperature, excusing irritability of the stomach & whole system, nervous tremours &c. To believe which the unhappy creature again has recourse to his bottle, repeating as he with unsteady hand seizes on to his fatal potion, the cent proverb of every drunkard "A Hair of the dog is good for the bite", by this perhaps he feels

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refreshed and happy would it be for many could they resist the temptation which this conversation but increases to touch again, too often however is the same scene acted over & over again.

At length these repeated indulgences impair the health more seriously when ever he omits his usual stimulus which now appears almost necessary to his existence, his debility is so great that he soon recurs to it again with the vain hope of supporting his strength, his digestion apparatus which at first was only temporally deranged becomes now much impaired, appetite irregular at one time voracious at another squemishes, his bowels for the most part constipated, tongue moist or dry feels some feeble movement, pulse full but seldom very tame, universal tremours, occasionally convulsions &c - his memory & other mental faculties impaired and more permanently affected by intemperance.

At length either from his stomach refusing to retain its usual quantity or from some other cause, he suddenly loses or in fact abstains from drink It is now that the disease in question makes its appearance

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would bring me along.
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with him and would say it is
a little to notice in a dragon
it has wings and scales and tail
and he would say it is a dragon of
quite large dimensions but still a
dragon though. Another time we would
be driving there's houses and an
old man. Old man he said to my father
and mother and said well son do you know
what this house is? And my father
said no. So my mother said well son
do you know what this house is? And my
father said no. So my mother said well son
do you know what this house is? And my
father said no.

The symptoms of which I shall now proceed to enumerate, they are commonly so peculiar & well marked as not often to be mistaken for any other case by one who has observed the disease.

I have already stated that this affection is mainly confined to Habitual drunkards, usually it occurs on the subsidence of the excitement consequent to a debauch of unusual duration, tho' in one instance, which I witnessed in the country, it seemed to be as it were a mere continuation of the ~~intoxication~~ ^{intestinal} confusion of intoxication.

The disease generally commences with a sense of chilliness, languor, loathing of food, headache, vertigo, short interrupted slumbers, bloated and suffused face, injected eyes, countenance commonly expressive of great fear & anxiety or wild & staring, the sometimes fixed & hollow appearance at the stomach, nausea & vomiting the latter however seldom observed after the case is completely formed, tongue for the most part foul, generally covered with a whitish fur and clammy, at other times more heavily coated & dry or of

for our own sake & for the sake
of others a divine reward. There
was no station so low or so ex-
alted in which all the world over as
in the next life where man
will either be happy forever or
miserable in consequence of his
actions in this life. And if he had
done good & suffered punishment
in this world he would have
~~had~~ to go elsewhere now & con-
tinued by myself

in this manner. Every man is
not only a child before God &
should consider his position before him &
count up all his sins very carefully.
There is no way of salvation from
God but through the grace of his
beloved Son Jesus Christ. He is the perfect
example to us all who under much suffer-
ing did no wrong. Now follow in
his steps & live a holy life & you will

a fiery redness & pain. When a part is pressed upon it is slow in recovering its colour. skin cold & covered with a copious clammy moisture, in a few. However I have seen it last 4 day - the pulse full, frequent, & nearly always very compressible.

The patient now experiences a total inability to sleep, sometimes attributed to the annoyances of vermin, watchfulness, generall insatiable, universal tremours, particularly of the hands &c, which is marked as to have confer'd on the disease the title of Delirious Tremors.

Often there is a perversion of the vision as various objects floating before the eyes, appearing inverted, doubled &c -

The mind is variously affected, for the most part, with the fearful apprehensions of some attempt to injure him, or, what is very common, that the walls of the house are tumbling in and with uplifted hands & pitious countenance the Patient screams for help, or attempts to prevent it by supporting them himself. at other times, he imagines himself to be pursued by devils, surrounded by enemies, deserted by his friends, or confined in some strange places, for the purpose of

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punishment, for some offence, of which he earnestly
pleads his innocence. Occasionally he will
burst out in a fit of crying on the approach
of his Physicians, or else look up in silence
as if afraid to speak. Often he appears to be
intensely occupied with some train of thinking,
or constantly brooding over his real or imaginary
misfortunes, and is then unwilling to be interrupted;
but, by gentle management, we may often obtain
correct & useful answers —

Sometimes, however, the mental affection is
of a more active kind, breaking forth into
violent passions, even without provocation, and
raving furiously, so that forcible restraint is
requisite, but most commonly as soon as secured
this looks of resolution & show of force give
way to tame submission. Even the most
dubitative and subject to paroxysmal exacer-
bation, in which they are exceedingly unaccountable,
and which, unfortunately, are very liable
to be succeeded by still more alarming
delirious & sinking.

The duration of this complaint is

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usually from 5 to 10 days. This in some cases under proper management, & when the affection is slight, recovering at an earlier period is not uncommon. In others, however, with the utmost attention, the case will be protracted beyond the last mentioned period, to, perhaps, as many weeks, or as is some times the case, pass on to permanent Morbidity.

In general we may expect a favourable termination, when the patient has not been long addicted to intemperance, has considerable constitutional vigour, the functions of his secreting organs little deranged, exemption from any serious local affection complicating the case &c. And this may be the most certainty calculated upon, if we can succeed in inducing a composed and sound sleep for any length of time, so favourable a circumstance is this considered, that nothing should induce us to awake a patient in this disease, as he, seldom, fails to mind speech after a profound slumber, and it has been remarked that few, very few, recover in whom it can not be effected.

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When the review of these obtain, the danger is more imminent. Violent & often remorseless struggles, very rapid & thready pulse, extreme coldness of surface, permanent dilatation of the pupils comes & convulsions &c are but the harbingers of a speedy dissolution. Even when there appears to be considerable muscular power, a total inability to sleep will at length bring on such an alarming degree of exhaustion, as to place the sufferer beyond the resources of the art. This is so much the case, that we should feel concerned for the results, whenever continued watchfulness or restlessness gives way to quietness & composure, if symptoms of sudden exhaustion should accompany.

The Pathology of this affection seems as yet but imperfectly understood, nor have I any very satisfactory hypothesis to support & shall therefore be brief on that head. When we consider the stimulating nature & excessive quantity, amounting to in many cases from a pint to a quart, of alcoholic drinks, all of which are received into the

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more or less derangements of its functions,
congestion of its vessels, inflammation &c. and
this opinion will be supported by the symptoms
of gastric distress and irritability as well
as the appearances often observed in post
mortem examinations —

The liver from its proximity & close
sympathy with the stomach, could scarcely
escape a participation in its injury, and
accordingly we find it more or less
deranged in its structure, size &c. and its
proper secretion either suppressed or increased,
large quantities of which are in some cases
thrown up on the commencement of the attack.

There would seem to be a remarkable
susceptibility in the liver to be affected
by the too free use of spirituous liquors,
as perhaps no fact is now frequently presented
to the observation of the cultivators of
morbis anatomy. What influence it can
have in producing or protracting this complaint
or what kinds of connexion exist between

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and the disease is now in a
more advanced stage. The
disease is now more severe. The
disease has spread to the
liver, kidneys and lungs. The
liver is swollen and tender. The
kidneys are enlarged and painful.
The lungs are involved. There
is a constant cough. The patient
is weak and emaciated. The
skin is pale and cold. The
pulse is slow and weak. The
urine is dark and cloudy.
The patient is in great
distress and pain. The
disease is progressing rapidly.
The patient is very weak.
The patient is in great
distress and pain. The
disease is progressing rapidly.
The patient is very weak.

them, I confess, I am unable to appreciate —
Dr. Armstrong mentions among the most uncommon
circumstances, diseases of the organs.

That the vessels of the brain,
should be in a diseased condition in this
affection, is what we should naturally be led
to expect, from the obvious operation of
the cause, as well as that some of the
symptoms are strongly indicative of the
fact, as the injected eyes, sense of weight,
headache, coma &c. and in most cases it
would seem to be more particularly affected
with that congestion, which the dilated
state of the heart & arteries and relaxed
condition of the skin with enfeebled action
of its vessels, must induce in the internal
viscera. That this congestion, often, does
result in inflammation is certain as well
from the severity of the symptoms above
related, as the observations made in post
mortem examination, and when present
or suspected, should not be overlooked in
the plan of treatment — It is, however,

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to be observed that in some cases, the brain has presented a perfectly natural appearance, perhaps from the vessels, in the act of death, emptying themselves of their contents, since this has been observed to occur in parts severely inflamed, when situated superficially so as to be subject to inspection.

Indeed, the light which post mortem examinations, have been able to throw on the pathology of this subject, is but feeble, so various are the changes & appearances revealed by the knife -

Besides those already incidentally mentioned, we find in the brain, effusions into its ventricles, inflammation of its meninges &c - the mucous coat of the stomach inflamed, thickened, & its walls as smooth as if removed etc, and all the structural arrangements, to which the liver is subject. In others again not a trace of morbid lesion is to be discovered - so uncertain & unsatisfactory have been these investigations, that latterly they have been almost abandoned by our Physicians. One of the great difficulties is to ascertain what morbid lesions

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of the case before us, is the result of former
diseases or the effects of their mode of living &c.
and what connexion they have with the disease in
question —

The nature of the
ability in this case, has been a subject of
some discussion — from the sudden and powerful
display of strength of which most of them
are occasionally capable, it would seem
most probable, that it results from some
disordered condition of the nervous system, and
such an opinion appears to me, to be supported
as well by the plan of treatment, which has
been considered most generally successful, as the
symptoms of nervous irritation, which are to be
observed in every case, and we know, that
nervous irritation alone, when confined even to a
small part of the exterior of our bodies, is capable
of inducing a fatal exhaustion, as long continued
ticking &c. — Perhaps it results from the indi-
rect operation of previous cerebral excitement.

Upon the whole, I consider
this disease as one in which the internal vessels
are congested, and that in a contortion so much

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impaired, so to be unable to react or produce regular & equable excitement, that the functions of the stomach, liver, skin, in a word, of all the secreting organs, are impaired or suspended, whether as a cause or concomitant, will be of little moment in the treatment, since their restoration is equally essential to the re-establishment of health, and that these, together with excessive nervous irritation, constitute the leading peculiarities of this disease. —

From the obscurity which seems still to hang over the pathology of this disease, the treatment appears not to be so entirely deducible from principle, as we might desire. From what has been said, however, the chief indications in our curative endeavours, would appear to be the following; To remove or quiet nervous irritation, and induce sleep; to restore the functions of the alimentary canal, skin &c; to relieve irregular determinations, and forward the development of an uniform excitement.

Many of the unfortunate objects, whom I have seen labouring under

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This affection in the Philadelphia Almshouses, have been, from their previous total disregard either of comfort or cleanliness, in such an uncleanly guise, and these persons in such a filthy condition upon their admission into the Infirmary, as, of itself, would render any feeling creature mortified, and absolutely require the plentiful use of water & a change of apparel - nor is comfort the only advantage derived from this cleansing process. a disposition to sleep is occasionally induced, and at least, the patient appears to be more or less quieted.

The regular use of cold sponging, has been highly recommended by good authority, when the cases proper for its employment are judiciously selected - I have seldom seen its application myself, but should suppose it might be very advantageously employed, in the early stage of the disease, to allay the excessive irritability & nervous excitement under which they often labour. I have ^{saw} its application when the patients were very unmerciful & irritable, followed, in 2 or 3 cases, with good effect, completely composing them. we should be cautious in its employment, however,

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when such depletions of the system or feebleness
of the constitution exist, as might endanger the
re recuperative powers of the system, which should,
in this case, be aided by the usual means employed
to promote reaction, as Stimulants internally,
frictions &c. In all doubtful cases, it would
be the better plan to employ tepid ablutions,
which may be impregnated with salt &c, and
should be used 2 or 3 times daily - These
means generally have the effect of improving
the condition of the skin, as well as lessening
noxious irritation, & thus disposing to sleep. -

It has long since been
observed that drunkards do not bear any kind
of active depletions, or sudden evacuations with
the impunity of more temperate persons -
Even in the treatment of the Phlegmatics,
they require, that we should use some
degree of circumspection. Their constitutions
are so much enervated by their habits of
excess, that they will sink under measures
which might prove advantageous to others, and
in the disease before us, so much is this the case.

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that general bloodletting is entirely forbidden by our best practitioners, even in cases where they would suppose active local inflammation to exist, and to relieve which, they would themselves resort to the most active measures.

Others, however, recommend a cautious employment of the lancet, particularly in recent cases, and where the constitution has not been previously too much impaired by habitual intemperance.

In most cases, perhaps, all the advantages to be obtained by such a measure, will be answered, and certainly with less risk to the patient, by cupping, leeching, blisters &c. — The disease has even been said to have been brought on, from the too free use of venesectio, whilst patients of such doctors, were under treatment for some inflammatory affection.

The only case in which I recollect to have seen the lancet used, was that of a youth of about 16 years of age, apparently of very strong stamined. He was bled freely upon his admission into the almshouse (I believe to relieve headache) before the prescribing Physician had an opportunity of seeing

the same in Europe during the
last century and in America during
the present century and in the middle
of the last century. The soil under
these woods is generally covered with
thin layer of humus derived from
decayed organic matter. It is
composed of fine sand or
silt and loam and the
humus is derived from it.
The top layer of the soil is
generally composed of fine sand
and loam and the bottom layer
is composed of coarse sand and
loam. The soil is derived from
the weathering of the rocks
and the decomposition of the
organic matter in the soil.
The soil is derived from the
weathering of the rocks
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organic matter in the soil.

him, and in 48 hours he dies. I will not say
of the bleeding. Then certainly it was of no
benefit to him. Yet, whenever,
there is an undied determination to the head,
giving rise to congestion of its vessels, or inflammation,
which can, for the most part, be ascertained
by the injected eyes, or from the patient, upon
being asked how his head feels, complaining of
headache or a sense of fulness, weight &c -

The employment of cups or leeches to the head
should never be omitted, and should they fail
to give relief, a blister to the back of the neck
will be of considerable service - I have uniformly
seen the headache so either removed or much
alleviated by these means, & the same measures would
be proper, and should be resorted to, for the relief
of any other serious local inflammation -
minulsive applications to the extremities, will
also be found extremely useful in relieving the head.

At the same time, the patients
labouring under this affection, have induced
it by the too free use of Spirituous Liquors, it
will, yet, be found not only advantageous, but

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indispensable, in most cases, to allow a portion of the same or some other stimulus. It has been fully observed "it is to them, what ordinary food is to temperate persons", nor can it be entirely abstained from, without the danger of fatal exhaustion resulting, and its use is commonly observed to be attended with the advantage of lessening the tremours of the hands &c and diminishing the general irritability. — Porter is commonly preferred for this purpose, in pretty liberal quantities. It will perhaps be found more uniformly to agree with the patient, than any other drink, and from its analgesic property, is perhaps more particularly indicated. — When not to be had, or from other causes it cannot be used, Brandy toddy - Wine - Ammonia &c may be substituted, when however, Opium is given freely, there will be the less necessity for these, as I shall hereafter observe more particularly. In some few cases, however, after the patients have commenced improving, I have seen the powers of the system so far unfolded, as to give rise to a slight degree of febrile excitement, then, instead

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of benefitting, such articles will only add to the restlessness &c of the patient, and of course, should be discontinued - It will sometimes even be necessary to resort to the use of some febrifuge articles, as nitrous powders, solution Tart. Antimony &c - together with the regular employment of laxatives.

I have observed above, that the functions of the stomach and alimentary canal, were more or less deranged, and in perhaps one half of the cases, the bowels will be found in a constipated state, which condition will have existed, in many of them, from 2 to 5 days, it is, therefore, an object of primary importance, that a minute inquiry should, in every case, be early directed to this subject, and its removal immediately effected - For this purpose nothing perhaps, answers better, than the Senna Tea in doses of a wine glass full every 10 or 15 minutes, until sufficient to fulfill the object of its exhibition, is given - a combination of Rheubarb & calomel is also a very good remedy for this purpose - To these or any other mild laxative, which shall be selected for the case,

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some warm stimulating article should commonly be added, to support the patient during its operation. As soon as this is over, we should administer a full dose of laudanum to induce sleep, if possible —

The most usual manner, however, in which Opium is prescribed in this disease, is in combination with calomel, 2 drams of the latter to 10 drams of the former repeated every 2 or 4 hours during the day — This prescription is one much used in the practice of the Almshouses, and so far as I am able to judge, is fully entitled to the preference it has received. The Calomel most probably operates by restoring the secretions of the alimentary canal & liver, such the character of the discharges, often exceedingly foul, dark coloured &c as well as the tongue &c show to be much disordered.

The Opium too is not less clearly indicated. It has long since been observed to possess great control over the disorders of town-hands. It more effectually relieves nervous irritation, than any other article. By it the pulse is rendered more regular, slower & stronger, while at the

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same time by its combination with calomel, a moderate action of the bowels is maintained.

Should they fail however, in sustaining the regular motions of the bowels, the administration of some mild aperient as oil, served &c, will become necessary — As excessive purgation, particularly after the case has subsisted for some time, would be apt to induce serious prostration, we should avoid very active cathartics, and in some cases, the use of injections might be advantageously resorted to as a substitute.

The administration of the calomel, should not be too long continued, since it is not dissimilar to induce the salivant operation of the mercury, commonly in the course of three foredays, the tongue shows a more healthy aspect, the discharges becomes more natural, in short, such signs of improvement in the secretory functions exist, as to render its exhibition unnecessary, but should the gums at this time or even sooner, become sore, we should immediately desist from its employment, as when its action is fully developed, it, perhaps, only adds to the irritability of the patient.

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Very often, even after considerable improvement in the condition of the patient, has been effected by these means, the morbid state of the skin will remain, and as we can seldom expect a rapid convalescence whilst in this condition, it becomes us to attempt its removal. To effect this, small doses of Siccac, may be advantageously prescribed. Indeed, in many cases, its combination along with the Colom & Opium, has appeared to add not a little to their efficacy, promoting the natural actions of that part of our system, the healthy condition of which, seems of much importance, to the removal of this or indeed of any other disease.

Useful, however, as opium is in most cases of this disorder. It will nevertheless be found to be insinuatable in others, either from some original idiosyncrasy or the present peculiar condition of the patient.

Whenever instead of rendering the pulse slower, stronger & more regular, it only hazzies & renders irregular its motions, and instead of composing the patient & inducing sleep, it only adds

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to his restlessness, increases his delirium, or augments his headache &c; its employment should be desisted from, and some substitute found —

In some cases, by varying the form, in which it is administered, its deleterious effects may be obviated. The black drop is perhaps, as good a one as any, or the addition of a little Tartaric Acid to Laudanum. These preparations to which the vegetable acids have been added, are not so subject to increase the affection of the Head &c. and have been found much preferable to the usual forms.

The extent to which the use of opium may be safely & advantageously pushed, in these cases, is not absolutely determined. It is well known, that they take much larger quantities with impunity, than persons unaccustomed to the proper use of any diffusible stimulant — There certainly, however, must be some limit and I feel convinced that some have been hurried to a fatal termination by a too liberal use of this active drug, if what I have heard be true.

When its use is forbid by any circumstance

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or is not followed by the desired effects, a useful substitute will be found in camphor. Indeed it is said in all cases to be but little inferior to opium, and a combination of them has received the sanction of the highest authority of the medical, which I have tried. combinations of Camphor & Opium are the most successful in this disease, and it is indeed not easy to conceive of any mode of practice more efficacious. This is the language of one whose medical Juniors require no puffing to ensure their adoption.

With the same view I have seen the Aspirite mixture, to which Laudanum may be added or not according to circumstances, prescribed with the happiest effects. The cases which seemed more particularly benefitted by it, were such as either originally, or after being under treatment for some days, there was so far an abatement in the symptoms, that the case seemed rather hysterical than anything else, its exhibitions being usually followed, not only, by a diminution of their terrors, but also a release from those frightful visions, by which they imagine themselves.

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beset, and which seems the chief obstacle to
repose, nor can I pass over, without mention,
an innovation in the treatment of this singular
affection, which has been proposed by that truly
ingenious & distinguished Practitioner Dr Sam'l Jackson.
I allude to his employment of a mixture of the
Spot Sanguine & Sandarac 50 to 100 grs of the
former to about 40 to 60 grs of the latter, repeated
every 3 or 4 hours pro domine - From the great
control of Spot Sanguine over the disengagements
of the mucous tissues, as well as its stimulating &
fugitive properties, it would seem adapted to
this case, more especially, as its operation is not so
 liable to be followed by symptoms of exhaustion
 I will not take it upon myself to draw any very
 absolute conclusion as to the comparative value of
 this practice. It, however, succeeded admirably in
 the few cases I have seen it tried, and I have heard
 Dr Jackson remark, that in pure, uncomplicated
 Meniere's Disease, where the patients were bathed
 in a profuse cold sweat, it had never failed, in
 his hands, of affording relief.

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Of the use of Emetics in this disease,
 (which were first introduced by Dr. R. of this city).
 under proper limitations, I entertain a high opinion.
 Indeed a measure more successful, when thus
 managed, can hardly be conceived of. I have seen
 patients in a few hours after their exhibition
 perfectly rational, tremours abated &c. but there
 have been cases, in which they have proved as
 suddenly fatal, and such a result should put
 us on our guard against prescribing those active
 agents without some attention to rule or principle.

This affection may be, I conceive not
 altogether inaccurately, divided into three stages, in
 the first or forming stage, there is debility, impaired
 function & slight mental derangement &c. The second
 is the stage of nervous irritation, increased debility,
 watchfulness &c. and the third is that of exhaustion &c.
 As however, we seldom have an opportunity of
 seeing the patient until they have been affected
 for some 10 or 12 days, or in other words, until
 the second stage has supervened, at least this has
 been the case in all except 3 or 4 out of about 600 or
 700 patients whom I have seen under treatment for this

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diseased, and farther, as there are no means with which I am acquainted, exclusively applicable to any one of them; I do not think it necessary to point out such distinction with any minuteness.

In connexion with the present subject, however, it is to be observed, that it is the first or forming stage in which, Cometics are most particularly valuable... They tend untold the stomach, rouse its sensibility, and also relieve the liver, large quantities of viscid or thinviscous bile, being commonly discharged.

They may be even resorted to in the more advanced stages, when the patient has not long been subject to intermission, was originally of strong stamens, and has a portion of strength yet remaining.

Their employment will generally be followed by compound, a disposition to sleep, and an evident amelioration of all the symptoms, and where unattended by any other advantage, will be found to have awaked the susceptibility of the stomach to the action of other remedies. Their exhibition would be equally improper, when the reverse of these circumstances obtain, when the patients are overexcited by habitual intemperance.

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are in a state of exhaustion, and equally so when symptoms of inflammation of the stomach are present, as tenderness in the epigastrium, a tongue, fiery red, or foul, dry & fuscous. In the first case, they would be as fatal as in the last stages of Typhus Fever, and in the latter as mischievous as in Scrofula. Specieunum is the article which is to be professed in all these cases, its action being less violent than Tart. Antimony which, says Dr. Chapman, when the powers of the stomach are so far expended, seems of too deposit from the nature of a medicine, and spurns the virulence of a poison, subverting at once the remnant of vitality.

Neither the reasoning nor practice of that distinguished Physician (to whom we are indebted for the introduction of this class of remedies into the treatment - see Medical Recorder vol. 24 3rd Collecting Repository vol 7) as to the constant repetition of Emetics, to the almost total exclusion of all other means, can be approved of. He seems to have thought it sufficient to show, that

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already here and so far as
well as I can tell it is as likely as
is possible to tell it is more
likely to be a Mammoth. - which
was not very large as I can tell
but this will probably be quite
large and enough like you do
not want to say as we have
no signs as yet. To my mind
there nothing else but this
which is about the same size
as the signs of the other
which is to be much smaller
as indicated by the small
size of the skull and the
smaller teeth. - I suppose it is not
over safe to suppose the weight as

The stomach was disordered, to warrant this more
bold than safe practice. Indeed, experience
the best too often the most dearly bought guide,
has fully shown the impropriety of such man-
agement, several cases, having occurred in which
the most fatal consequences could unequivocally
be ascribed to this cause. It has been
observed, moreover, that when the first Emetic does-
es not operate, it will often be unsafe to repeat,
or push the process to any extent, from the danger
of the whole running off by the bowels, and
producing a fatal exhaustion, nothing being more
to be dreaded here, than the supervention of an
uncontrollable diarrhoea. After the operation
of the Emetic, we should administer the remedies
already detailed, more particularly Opium or Quassia
with Camphor in full doses. They will now
generally be found to operate kindly - inducing
that composite & sound sleep to which conva-
lescence usually succeeds.

With respect to diet I shall
merely observe, that from the condition of
the digestive apparatus, small quantities alone

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will be required, and that generally should be of light & nutritious qualities as Beef tea, soups &c., all of which should be highly seasoned. —

As it is an object of primary importance, to induce sleep, if possible, of course all unnecessary noise, light &c. should be carefully屏除ed and excluded. In one or two cases, however, when apprehension seemed increased by darkness & solitude, I have known the patients more composed, when a moderate light was admitted, and when kindly nursed & attended to. — It is a circumstance not a little singular in the history of this affection, which, I believe, was first noticed by one of the senior Students of the Almshouse Infirmary, that of the several hundred cases, that had been introduced into the establishment during the period of his stay (several years), at least 8/10 were in the months of May, June, July & August. —

Whether this be owing to the greater prevalence of dissipating habits, or to the influence of season, I confess I am unable to say, perhaps both may have their effects. At least it has been commonly observed, that we are more susceptible at this time and more subject to be affected by any cause.

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In conclusion I may observe, that in our conduct towards our patients, and in our directions for their management, we should be mild & feeling and incalculable as a rule, the most gentle & unrestrained treatment consistent with their situation. This is the opinion of the best practitioners, is that most likely to benefit the patient, and surely it should be no less our pride, than our duty to exercise our benevolence & compassion towards such unfortunate, afflicted, & bereft creatures; bereft of that, which, though ever so feeble, is yet to know, what the pale & dimming light of the almost exhausted lamp, is to the adventurous submarine explorer - It is his all - extinguish that, & he is lost indeed. It is, however, needless to say more in this place, with the reflecting & feeling part of our profession, such sentiments are familiar and can never fail to have their influence.

Willis M. Lee
Leesburg, Maryland
1825

a.m.r.